

COMMUNITY RESOURCE LIST



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*This is for informational purposes only. Harris County and Harris County Public Health are not affiliated with any of these organizations and cannot guarantee the level of service provided or eligibility for services/assistance

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Food Assistance

Houston Food Bank

Location: 535 Portwall St, Houston, TX 77029 and 146 Knobcrest Dr., Houston, TX 77060

Availability: Monday – Friday, 7:00 am – 9:00 pm, Saturday 7:00 am – 4:00 pm, and Sunday 9:00 am – 12:00 pm

Helpline: (832) 369-9390

Website: <https://www.houstonfoodbank.org/find-help/>

Find a Food Pantry Tool: <https://www.houstonfoodbank.org/find-help/agency-locator/>

Houston Food Bank Programs: <https://www.houstonfoodbank.org/our-programs/>

Service(s) Provided: Food Pantry, Community Resource Center, SNAP Benefit Assistance, Disaster Relief Resource

Service Area: Greater Houston Area

United Way of Greater Houston

Location: 500 Waugh Dr. Houston, TX 77007

Availability: 211 HELPLINE open 24/7, call for updates

Helpline: 2-1-1

Website: <https://www.unitedwayhouston.org/>

Service(s) Provided: Food Assistance, Disaster Preparedness & Recovery, Education, Utility Assistance, Health Care, Rent/Mortgage Assistance and Housing or Shelter

Service Area: Greater Houston Area

Harris County Community Services Department

Location: 9418 Jensen Drive, Houston, TX 77093

Availability: Monday - Friday, 8:00 am – 5:00 pm

Helpline: ((832) 927-4955

Website: <https://csd.harriscountytexas.gov/Pages/default.aspx>

Service(s) Provided: Rental assistance, emergency utility assistance, food, clothing and mental health referrals, housing and community resources, transit services, after school programs, meals for the elderly and disabled, disaster recovery, social services, health care and activities for seniors, homeless services, bereavement services

Service Area: Determined by the Harris County Appraisal District. It will refer to the appropriate services based on zip code. Walk-ins available for the Jensen Drive office.

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Urban Harvest: Double up Houston SNAP Incentive

Location: 2752 Buffalo Speedway, Houston, TX 77027

Availability: Saturdays, 8:00 am -12:00 pm

Helpline: 713-880-5540

Website: <https://www.urbanharvest.org/farmers-market/snap/>

Services Provided: Mobile Farmer's Market, when you use your Lone Star Card at a participating market, you will receive a \$1 for \$1 match (up to \$40 per day) to purchase additional fruits and vegetables. Spend \$1 SNAP/EBT, get \$1 of fresh produce for free.

Service Area: Greater Houston Area

HCPH Connect: Resource Navigation Program

Location: Houston, TX

Availability: Monday – Friday, 8:00 am – 5:00 pm

Helpline (832) 927-7946 or HCPHConnect@phs.hctx.net

Website: <https://publichealth.harriscountytexas.gov/Services-Programs/All-Services/HCPH-Connect>

Service(s) Provided: Help Harris County residents to apply for state benefits (SNAP, WIC, Medicaid, Medicare, etc.) and connect community members to additional resources based on their needs

Service Area: Houston

Braes Interfaith Ministries

Location: 4300 West Bellfort Ave Building 3, Houston, TX 77035

Availability: Monday, Wednesday, and Friday, 10:00 am – 2:00 pm (Please arrive by 1:30 pm)

Helpline: (713) 723-2671

Website: <https://braesinterfaithministries.org/>

Service(s) Provided: Food Pantry, Clothing, and only offering utility assistance at this time. (Program services are restricted to zip codes 77025, 77035, 77045, 77051, 77053, 77054, 77071, 77085, 77096)

Christian Community Service Center

Location: 3434 Branard St, Houston, TX 77027

Availability: Monday – Friday, 10:00 am – 2:00 pm Saturday, 9:00 am – 12:00 pm (Saturdays are for food pantries only)

Helpline: (713) 871-9741 (Call to schedule appointment for Financial Assistance)



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Website: <https://ccschouston.org/>

Service(s) Provided: Food Pantry, Rental Assistance, Utilities, Limited Medical (Emergency Vision & Dental, Prescriptions)

Service Area:

77002,77003,77004,77005,77006,77007,77010,77011,77012,77019,77020,
77021,77023,77025,77026,77027,77028,77030,77031,77036,77046,77056,77057,7707
2,77074,77081,77096, 77098, 77401

Epiphany Community Health Outreach Services

Location: 9600 S Gessner Rd, Building E, Houston, TX 77071

Availability: Food Pantry from (7:00 am to 9:00 am) Mon-Thurs 8:00 am - 2:00 pm,
Friday 8:00 am-12:00 pm

Helpline: (713) 270-0369

Website: https://echos-houston.org/client-services/financial_assistance/

Service(s) Provided: Application Assistance, Financial Assistance (Rent & Utilities zip
restricted), Food Pantry, Healthcare Mobile Clinics, Health Care Screening

Service Area: 77031,77035,77036,77071,77072,77074,77081,77096,77099

Kingwood United Methodist Church – Society of St. Stephen

Location: 2307 Crystal Springs Drive, Kingwood, TX 77339

Availability: Monday, Wednesdays, Fridays 9:00 am-11:30 am

Helpline: (281) 358-7722

Website: <https://kingwoodumc.org/missions/>

Service(s) Provided: Food Pantry, clothing, and limited financial assistance with
utilities and prescriptions.

Service Area: 77327, 77336, 77339, 77345, 77346, 77357, 77365, 77372

L.I.F.E. Houston

Location: 2002 S. Wayside Dr, Houston TX 77023

Availability: Monday – Friday, 9:30 am – 3:30 pm. Phone Appointments Only, No
Face-to-Face Various Pick-up locations

Helpline: (713) 528-6044, 713-428-2065 for formula appointments

Website: <https://www.lifehouston.org/>

Service(s) Provided: Emergency formula for babies between 0-12 months

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Service Area: No Zip Code Restrictions. Pick up locations 77090, 77074, 77007, 77023, 77503

Mission Bells

Location: 15325 Bellaire Blvd, Houston, TX 77083

Availability: Tuesday and Saturday, 9:00 am – 11:00 am

Helpline: (281) 850-0213

Website: <https://www.missionbells.org/>

Service(s) Provided: Food Pantry

Service Area: Greater Houston Area

St. Mary Magdalene Social Services

Location: 527 S Houston Ave, Humble, TX 77338

Availability: Mondays, Wednesdays, Fridays 9:30 am to 12:30 pm

Helpline: (281) 540-1907

Website: <https://st-mm.com/social-ministry>

Service(s) Provided: Food Pantry, Eviction & Utility Pledge assistance for zip codes (77044, 77338, 77346, 77347, and 77396)

Service Area: Greater Houston Area

St. Pius V Catholic Church

Location: 824 Main St, Pasadena, TX 77506

Availability: Every Thursday 8:00 am until supplies run out

Helpline: (713) 473-9484

Website: <https://www.stpiusvchurch.com/>

Service(s) Provided: Food Pantry (Drive -Thru only)

Service Area: Greater Houston Area

Wesley Community Center

Location: 1235 Lorraine St, Houston, TX 77009

Availability: Wednesday and Friday, 9:00 am – 12:00 pm

Helpline: (713) 223-8131

Website: <https://wesleyhousehouston.org/>

Service(s) Provided: Food Pantry (Drive Thru), Financial Assistance (Rent and Utility)

Service Area: Greater Houston Area



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Southeast Area Ministries

Location: 2102 Houston Blvd, South Houston, TX 77587

Availability: Call Monday - Thursday for appointment to pick up food. No walk-ins

Helpline: (713) 944-0093

Website: <https://southeastareaministries.com/houston-assistance-ministries/>

Services Provided: Food Pantry, limited financial assistance (rent & utilities, household, hygiene, and infant care), clothing and household assistance, and community referral.

Service Area: 77017, 77034, 77061, 77075, 77087, 77089, 77587, 77598

Bread of Life

Location: 2019 Crawford St. Houston, TX

Availability: Every 3rd Saturday of the Month from 8:00 am – 12:00 pm.

Helpline: 832-939-7477; info@breadoflifeinc.org

Website: <https://breadoflifeinc.org/>

Service(s) Provided: Monthly food & supply distribution every 3rd Saturday of the Month. Registration is encouraged for participated.

Service Area: Greater Houston Area

India House

Location: 8888 W Bellfort Ave, Houston, TX 77031

Availability: M-F (10:00 am – 6:00 pm); Food Distribution Hours (10:30 am – 11:30 am)

Helpline: (713) 929-1900

Website: <https://www.indiahouseinc.org/>

Service(s) Provided: Wednesday Bi-Monthly Food Distributions, Community Support (Charity Clinic, Family & Immigration Law consultation, Relationship coaching, Sareen Harris Health), Wellness & Fitness, Children's Activities, Senior Activities, and Sports

Service Area: Greater Houston Area

WHAM (West Houston Assistance Ministries)

Location: 10501 Meadowglen Ln, Houston, Texas 77042

Availability: Monday, Wednesday, and Friday, 8:00 am – 10:00 am

Helpline: (713) 780-2727, En Español (713) 780-2727 ext. 506

Website: <https://www.whamministries.org/>

Service(s) Provided: Food Pantry, Financial assistance appointments only take place Mon-Tues at 10am **over the phone at 713.780.2727, option #3** for zip codes 77036,



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77042, 77057, 77063, 77072, 77077, 77082, 77083 and 77099, employment services available for all zip codes, seasonal programs.

Gano Mission Center

Location: 1815 Gano St. Houston, TX 77009

Availability: Monday -Friday 9:00-5:00pm

Helpline: 713-227-0304

Website: www.missioncenters.org

Service(s) Provided: Homeless meals-Mondays, Pantry-Tuesday w/appointment, Kids Club-Wednesday, Youth club-Thursday, Senior's Program-Thursday, and Women's bible studies-twice a month on Fridays.

Service Area: Near Northside – Zip codes serviced 77008,77009,77022,77026,77028

Financial Assistance

United Way of Greater Houston

Location: 500 Waugh Dr. Houston, TX 77007

Availability: 211 HELPLINE open 24/7, call for updates

Helpline: 2-1-1

Website: <https://www.unitedwayhouston.org/>

Service(s) Provided: Food Assistance, Disaster Preparedness & Recovery, Education, Utility Assistance, Health Care, Rent/Mortgage Assistance and Housing or Shelter

Service Area: Greater Houston Area

Memorial Assistance Ministries

Location: Main Office 1625 Blalock Rd, Houston, TX 77080

Availability: Monday – Friday 10 AM – 5 PM

Helpline: (713) 468-4516

Website: <https://www.mamhouston.org/home>

Service(s) Provided: Basic Needs (Rent & Utility assistance, emergency help), Benefits Enrollment, disaster assistance, employment services, financial empowerment, immigration legal services, literary advance services, physical & mental health. For Rent Assistance, they support a more general audience and the following zip codes (77008,

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77009, 77018, 77022, 77024, 77037, 77039, 77040, 77041, 77043, 77055, 77076, 77079, 77080, 77088, 77091, 77092)

Harris County Community Services Department

Location: 9418 Jensen Drive, Houston, TX 77093

Availability: Monday - Friday, 8:00 am – 5:00 pm

Helpline: (832) 927-4955

Website: <https://csd.harriscountytexas.gov/Pages/default.aspx>

Service(s) Provided: Rental assistance, emergency utility assistance, food, clothing and mental health referrals, housing and community resources, transit services, after school programs, meals for the elderly and disabled, disaster recovery, social services, health care and activities for seniors, homeless services, bereavement services

Service Area: Determined by the Harris County Appraisal District. It will refer to the appropriate services based on zip code. Walk-ins available for the Jensen Drive office.

Interfaith Caring Ministries

Location: 151 Park Avenue, League City, TX 77573

Availability: Food Pantry: Monday – Thursday, 8:30 am – 4:30 pm.

Client Services Hours

Mon-Thurs: 8:30 am – 4:30 pm

Fri: 8:30 am – 1:00 pm Call to schedule an appointment

Resale Shop Hours

Mon-Fri: 10:00 am – 6:00 pm, Sat: 10:00 am – 5:00 pm

Helpline: (281) 332-3881

Website: <http://icmtx.org/programs/emergency-rent-and-utility-assistance/>

Service(s) Provided: Financial Assistance (Rent and Utility), Food Pantry Requirements for Financial Assistance

Service Area: Must reside in Clear Creek or Friendswood ISD area

Katy Christian Ministries

Location: 5506 First Street, Katy, TX 77493

Availability: Monday – Thursday, 9:00 am -12:00 pm & 1:00 pm – 5:00 pm. Call for an appointment, applications are done over the phone

Helpline: (281) 391-9623

Website: <https://ktcm.org/>

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Service(s) Provided: Financial Assistance, Social Services, Counseling, Food Pantry, Crisis center

Service Area: Must reside in the Katy ISD area

Northwest Assistance Ministries

Location: 15555 Kuykendahl Rd, Houston TX 77090

Availability: Food Assistance - Monday – Thursday, 8:00 am – 5:00 pm and Friday, 8:00 am – 4:00 pm

Financial Assistance - Mon-Fri 8:00 am – 2:00 pm – online application only (no walk ins)

Helpline: (281) 885-4555 or Crisis Hotline: 281-885-4673 - 24/7

Website: <https://www.namonline.org/>

Service(s) Provided: Counseling (Adults), Financial (Rent, Mortgage, Utilities) and Food for victims of Domestic violence

Service Area: 77014, 77032, 77038, 77050, 77060, 77064, 77066, 77067, 77068, 77069, 77070, 77073, 77086, 77090, 77373, 77379, 77388, and 77389

HCPH Connect: Resource Navigation Program

Location: Houston, TX

Availability: Monday – Friday, 8:00 am – 5:00 pm

Helpline (832) 927-7946 or HCPHConnect@phs.hctx.net

Website: <https://publichealth.harriscountytexas.gov/Services-Programs/All-Services/HCPH-Connect>

Service(s) Provided: Help Harris County residents to apply for state benefits (SNAP, WIC, Medicaid, Medicare, etc.) and connect community members to additional resources based on their needs

Service Area: Houston

Mental Health Services

The Harris Center

Location: 9401 Southwest Freeway, Houston TX 77074

Availability: 24/7 Mon-Fri 7:30 am – 3:00 pm (Walk-in Clinic); 24/7 (Helpline);

Helpline: (713) 970-7000, press 1 or simply dial 988

Website: <https://www.theharriscenter.org/>

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Service(S) Provided: Mental Health Counseling-General, Developmental Disability, Youth, Substance Abuse

Service Area: Harris County

Harris County Community Services Department

Location: 9418 Jensen Drive, Houston, TX 77093

Availability: Monday - Friday, 8:00 am – 5:00 pm

Helpline: (832) 927-4955

Website: <https://csd.harriscountytexas.gov/Pages/default.aspx>

Service(s) Provided: Rental assistance, emergency utility assistance, food, clothing and mental health referrals, housing and community resources, transit services, after school programs, meals for the elderly and disabled, disaster recovery, social services, health care and activities for seniors, homeless services, bereavement services

Service Area: Determined by the Harris County Appraisal District. It will refer to the appropriate services based on zip code. Walk-ins available for the Jensen Drive office.

National Alliance on Mental Illness (NAMI)

Availability: Monday – Friday, 10:00 am – 6:00 pm

Helpline: 1-800-950-6264 or text “TX” to 741741 (Crisis Line, available 24/7)

Website: <https://nami.org/Home>

Service(s) Provided: Mental Health Services Resources, Public Benefits Assistance, Reentry Resources for Former Prisoners

Service Area: Nationwide

Mental Health Crisis Clinics

Location: (Northeast) 18838 S Memorial Dr, Suite 106, Humble, TX 77338, (Meyerland) 4850 W. Belfort St, Houston, TX 77035 (Spring Branch) 10780 Westview Ste C, Houston, TX 77043

Availability:

Northeast & Meyerland

Monday – Friday, 8:00 am – 4:00 pm

Spring Branch

Monday – Friday, 12:00 pm – 8:00 pm, Every 1st and 3rd Saturday 8:00 am – 4:00 pm;

Walk-Ins Only, should arrive no later than two hours prior to close

Helpline: (713) 338-6422

Website: <http://www.memorialhermann.org/locations/northeast-mental-health-crisis-clinic/>

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Service(s) Provided: Mental Health Services. Financial assistance is available for those who do not have insurance
Service Area: Greater Houston Area

Texas Health and Human Services (HHS) COVID Support Line

Availability: 24/7

Helpline: (833) 986-1919

Website: <https://hhs.texas.gov/services/mental-health-substance-use>

Service(s) Provided: Mental Health Services.

Service Area: Texas

The Disaster Distress Helpline

Availability: 24/7

Helpline: 1-800-985-5990 or text "TalkWithUs" to 66746

Website: <https://www.samhsa.gov/find-help/disaster-distress-helpline>

Service(s) Provided: Emotional distress and mental health counseling during or after a natural or man-made disaster

Service Area: Nationwide

The National Suicide Prevention Lifeline

Availability: 24/7

Helpline: 1-800-273-8255

Website: <https://suicidepreventionlifeline.org/>

Service(s) Provided: Mental Health Services. For individuals dealing with suicidal thoughts, Veteran's support

Service Area: Nationwide

The Trevor Project

Availability: 24/7

Helpline: 1-866-488-7386 or text "START" to 6786780 (English only at this time)

Website: <https://www.thetrevorproject.org/>

Service(s) Provided: Mental Health Services for LGBTQ youth Ages 13-24+, Suicide and Crisis Intervention

Service Area: Nationwide

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Veterans Crisis Line

Availability: 24/7

Helpline: 1-800-273-8255, option 1, or text 838255

Website: <https://www.veteranscrisisline.net/>

Service(s) Provided: Mental Health Services, Financial Resources, Housing Resources, Employment Resources, Domestic Violence Resources, Addiction Recovery Resources, Housing Resources, LGBTQ Resources

Service Area: Nationwide

DePelchin Children's Center- Houston (Multiple Locations)

Availability: 8:00 am – 5:00 pm Mon-Friday; Offer Services in English/Spanish

Helpline: 713-730-2335

Website: <https://www.depelchin.org/>

Service(s) Provided: Mental Health Services (Family Counseling), Foster Care and Adoption assistance, Birth Mother program, Parenting Programs, and School based programs. Services are grant funded and may have an approximate waiting list of 6 months.

Service Area: Harris County, Fort Bend, and Waller County.

HEARTS (UT Health)

Location: 1941 East Road, Houston, TX 77054

Availability: 8:00 am – 4:00 pm Mon-Friday (Appointment only); Offer Services in English/Spanish

Helpline: 713-486-2736 (call to schedule appt); send direct message via **Twitter:** @hearts_ut, **Facebook:** UT-Hearts, and/or **Instagram:** hearts.uthealth **Email:** (hearts@uth.tmc.edu)

Website: <https://med.uth.edu/psychiatry/heartsuthealth/>

Service(s) Provided: Free virtual/in-person professional counseling for clients currently using substances or a history of problematic substance abuse (up to 12 free sessions). Also offer free HIV/HCV testing, Hepatitis A & B vaccinations, and case management.

Service Area: Greater Houston, Harris County

Charlie Health

Availability: 24/7

Helpline: 1 (866) 219-5070

Website: <https://www.charliehealth.com/>

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Service(s) Provided: Charlie Health provides personalized treatment programs for teens, young adults, and families struggling with mental health and substance use disorders.

Service Area: Nationwide

Domestic Violence and Sexual Assault

Houston Area Women's Center

Location: 1010 Waugh Dr, Houston, TX 77019

Availability: 24/7

Helpline: (713) 528-2121 and (713) 528-7273 (Call for assistance, main office is currently closed)

Website: <https://hawc.org/>

Service(s) Provided: Counseling (over the phone), Shelter (women and children only), Limited Legal Services, and Children's Court Services and Housing

Service Area: Greater Houston Area

Family Time Crisis and Counseling Center

Location: 1203 S Houston Ave, Humble, TX 77338

Availability: 24/7

Helpline: (281) 446-2615

Website: <https://familytimeccc.org/>

Service(s) Provided: Counseling, Shelter (Domestic Violence, Human Trafficking and Sexual Assault), Limited Legal Services (Women and children only). Anger Management and Parenting Classes

Service Area: Greater Houston Area and Dayton, Texas

Fort Bend Women's Center

Location: 501 E Highway 90A, Richmond, TX 77406

Availability: 24/7

Helpline: (281) 342-4357 ([LiveChat available](#))

Website: <https://fbwc.org/>

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Service(s) Provided: Counseling, Shelter (Women, Men, and Children), Limited Legal Services

Service Area: Greater Houston Area

Tahirih Justice Center

Location: 1717 St. James Place | Suite 450 | Houston, TX 77056

Availability: 9:00 am – 5:00 pm; Walk-ins are not accepted.

Helpline: 713-496-0100

Website: <https://www.tahirih.org/locations/houston/>

Service(s) Provided: Serves immigrant women, girls, and other survivors fleeing violence. Center provides legal services in immigration law, social services such as community referrals, training and education, and local policy and advocacy work.

Service Area: Greater Houston - Galveston Area

The Bridge Over Troubled Waters

Location: Baytown Office (1300 Rollingbrook Dr., Baytown, TX 77521); Pasadena Office (3811 Allen Genoa Rd. Pasadena, TX 77504)

Availability: 9:00 am – 5:00 pm

Helpline: 713-473-2801

Website: <https://tbotw.org/>

Service(s) Provided: Services and programs focused on domestic violence, sexual assault, emergency shelter program, housing, children's services, education and prevention, advocacy, and therapy.

Service Area: Greater Houston Area

Bay Area Turning Point

Location: Crisis Intervention Center (210 South Walnut Street, Webster, Texas 77598)

Availability: Mon – Wed 8:00 am – 7:30 pm; Thursday 8:00 am – 5:30 pm; Friday 8:00 am -3:00 pm

Helpline: Non-emergency 281-338-7600; 24/7 Hotline 281-286-2525

Website: <https://www.bayareaturningpoint.org/>

Service(s) Provided: 24-hour crisis hotline, shelter services, food services, children services, case-management, advocacy, counseling, housing options, outreach & education.

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Service Area: Southeast Harris, Eastern Brazoria County, Northern Galveston and all of Chambers.

AVDA (Aid to Victims of Domestic Abuse)

Location: 1001 Texas Ave, Suite 600, Houston, Texas 77002

Availability: Monday – Friday 8:00 am - 5:00 pm

Helpline: Non-emergency 713-224-9911; 24/7 Hotline 1-800-799-SAFE (7233)

Website: <https://avda.org/>

Service(s) Provided: Domestic violence victim support groups, counseling services, referrals for legal aid, financial assistance for emergency shelter, funds for education and training.

Service Area: Harris County, Fort Bend, Austin, Grimes Waller.

Women Connection

Location: 5718 Westheimer Rd Suite 1000, Houston, Texas 77057

Availability: Mon- Fri 7:00 am – 5:00 pm

Email: womenconnectioninc@gmail.com (contact via email preferred)

Helpline: Non-emergency 832-377-8498

Website: <https://www.womenconnectioninc.com/>

Service(s) Provided: Food, housing program, employment assistance, financial coaching, self-esteem classes, cooking classes.

Service Area: Harris County

Boat People SOS

Location: 11360 Bellaire Blvd #910, Houston, TX 77072

Availability: 9:00AM – 5:30PM Monday–Friday

Phone: (281) 530-6888

Email: info@bpsos.org

Website: <https://www.bpsos.org/bpsos-houston>

Service(s) Provided: Serves members of the Vietnamese and other immigrant communities via health awareness prevention programs, ESL classes, citizenship services, legal services for low-income families and victims of violence and crime, domestic violence and sexual assault programs, and youth advocacy and senior services programs

Service Area: Greater Houston Area

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Technology Resources

Assurance Wireless

Location: Apply Online or via phone

Availability: 7:00 am – 10:00 pm CST

Helpline: (888) 321-5880

Website: assurancewireless.com

Services Provided: A federal assistance program to obtain a free phone device and/or cell phone service. Enrollment is available to individuals who qualify based on federal or state-specific eligibility criteria, certain public assistance programs like Medicaid or Supplemental Nutrition Assistance Program (SNAP) and based on household income. Separate households that live at the same address are eligible, including residents of homeless shelters and nursing homes. Residents with temporary addresses are also eligible. Social Security Number required.

Service Area: Statewide

Q-Link Wireless

Location: Apply Online or via phone

Availability: Mon-Fri 7:00 am-11:00 pm CST: Sat-Sun 7:00 am-7:00 pm CST

Helpline: (855) 754-6543

Website: <http://qlinkwireless.com/>

Services Provided: A telephone service subsidized by the federal Lifeline Assistance program; a government benefit program supported by the federal Universal Service Fund. Assurance Wireless is a federal Lifeline Assistance program. Enrollment is available to individuals who qualify based on federal or state-specific eligibility criteria, certain public assistance programs like Medicaid or Supplemental Nutrition Assistance Program (SNAP) and based on household income. Social Security Number required. New tablets available for nominal cost.

Service Area: Statewide

Affordable Connectivity Program

Location: Apply Online or via mail.

Availability: 24 hrs

Helpline: (877) 384-2575

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Website: affordableconnectivity.gov

Services Provided: The affordable connectivity program is an FCC program that helps connect families and households struggling to afford internet service.

Service Area: Harris county

Transportation Assistance

Harris County Rides Program

Location: 8410 Lantern Point Drive, Houston TX 77504

Availability: Mon-Fri 8:30 am – 4:30 pm; Appointment Only

Helpline: 713-368- RIDE (7433) or Register ([RIDES](#)) in English/Spanish

Website: <https://rides.harriscountytexas.gov/pages/default.aspx>

Eligibility: 65+ of age or people with disabilities (proof of age or disability required)

Service(s) Provided: RIDES is a curb-to-curb subsidized program that allows eligible customers and participating agencies to purchase transportation services at a significant discount. The customer/agency pays 50% of the total trip cost. During the COVID-19 Pandemic, the RIDES program New Client registration will only be conducted through the RIDES b registration or US Postal Service.

Service Area: Harris County

Harris County Community Services Department

Location: 9418 Jensen Drive, Houston, TX 77093

Availability: Monday - Friday, 8:00 am – 5:00 pm

Helpline: ((832) 927-4955

Website: <https://csd.harriscountytexas.gov/Pages/default.aspx>

Service(s) Provided: Rental assistance, emergency utility assistance, food, clothing and mental health referrals, housing and community resources, transit services, after school programs, meals for the elderly and disabled, disaster recovery, social services, health care and activities for seniors, homeless services, bereavement services

Service Area: Determined by the Harris County Appraisal District. It will refer to the appropriate services based on zip code. Walk-ins available for the Jensen Drive office.

Harris County Transit: Non-Emergency Medical Transportation Program

Location: N/A

Availability: By Phone: M-F 8:00 am -5:00 pm

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Helpline: To Obtain Application Call 713-696-1991 or 832-927-4952

Website: <https://transit.harriscountytexas.gov/Pages/NonEmergency.aspx>

Eligibility: Age 62+ years or older or have a disability. Must be a Harris County resident and reside in service areas, must provide a valid ID, proof of residency or disability status, and must complete intake packet and provide supporting documentation.

Service(s) Provided: No Cost non-emergency medical appointment within the service area transportation. Examples of non-emergency medical appointments are dialysis, chemotherapy, radiation treatments, and other medical appointments.

Service Area: Harris County & unincorporated areas: Atascocita*, Barret Station*, Baytown (North of I-10) *, Blackhawk & Scarsdale*, Channelview, Cloverleaf*, Crosby*, Deer Park, Galena Park, Highlands, Huffman*, Humble*, Jacinto City*, La Porte, McNair*, North Forest & Sheldon*, Shore Acres*, Seabrook*, South Houston, Tomball, Webster*. *Does not cover the entire area.

ADA Paratransit Services

Availability: Mon-Fri 8:00 am – 6:00 pm; Sat 8:00 am – 5:00 pm by Phone

Helpline: 832-927-4953

Website: <https://transit.harriscountytexas.gov/pages/adaparatransit.aspx>

Eligibility: For seniors or individuals with disabilities who cannot board, ride, or disembark from a fixed-route bus, even if the bus is equipped with a wheelchair lift or ramp. Only eligible for qualified individuals and a personal care attendant. Additional companions can ride based on availability and pay full fare.

Service(s) Provided: Services are provided within ¾ of one mile from a fixed route. Drivers will assist eligible individuals to and from the curb of their driveway or sidewalk however door to door service is available upon request. One-way fare for these services is \$2.00 per person. For riders need a Personal Care Assistance (PCA) to assist them in making the trip, the PCA will ride for free.

Service Area: Fixed Routes along La Porte, Baytown, Channelview, Crosby, Sheldon, and Cloverleaf

Tow and Go – City of Houston’s Free/Low-Cost Emergency Wrecker Service

Date & Location: Via phone only

Availability: 24 Hrs

Helpline: 713-881-3333

Website: <https://www.houstontexas.gov/towandgo/>

Service(s) Provided: Stalled vehicles (not involved in an accident) on Houston’s freeways are towed to a nearby safe location off the freeway at no cost to the motorist.

COMMUNITY RESOURCE LIST



If your vehicle has a good spare and a jack, the wrecker driver will change your flat tire at no cost. HOV lanes are NOT included.

Service Area: Houston Area

Lyft

Availability: Via text and link only

Helpline: Text your zip code to 438829

Website: <https://www.lyft.com/vaccine-access>

Service(s) Provided: Offers free transportation for some people who need a ride to and from a COVID-19 Vaccine appointment only

Service Area: Houston Area

General Health & Wellness

Memorial Hermann Nurse Health Line

Availability: 24/7

Helpline: (713) 338-7979 pr (855) 577-7979 for out of state

Website: <https://memorialhermann.org/giving-back/community-benefit/programs/nurse-health-line>

Service(s) Provided: Experienced nurses available to help answer your questions (no insurance needed). Can also help answer COVID related questions

Service Area: Greater Houston Area

Harris Health “Ask My Nurse”

Availability: 24/7

Helpline: (713) 634-1110

Website: <https://www.harrishealth.org/services-hh/outreach/Pages/ask-a-nurse.aspx>

Service(s) Provided: Experienced nurses available to help answer your symptom questions (no insurance needed)

Service Area: Harris County

Harris County Lead Abatement Program

Location: 2223 West Loop South, Houston, Texas 77027

Availability: Monday – Friday, 8:00am – 5:00pm, Saturday 9:00am – 3:00pm

Helpline: 713-274-6374

COMMUNITY RESOURCE LIST



Website: <https://publichealth.harriscountytexas.gov/Services-Programs/Programs/Lead-Hazard-Control>

Service Area: Homes built before 1978 in Harris County excluding City of Houston

Baylor College of Medicine Teen Health Clinic: Lawn Clinic

Location: 8111 Lawn St, Houston, TX 77088

Availability: Monday: 8:00 am – 6:30 pm; Tues-Thurs: 8:00 am – 5:00 pm; Friday 8:00 am – 12:30 pm

Helpline: For Appointments (713-999-6980); Clinic Phone (281-847-9970)

Website: <https://www.bcm.edu/community/healthcare-outreach/teen-health-clinic/teen-health-clinic-locations>

Service(s) Provided: For ages (13-24 years old) they provide mental & behavioral services, birth control, Gynecological Services, Immunizations, STI Screening & Treatment, Teen Primary Care Services

Service Area: Greater Houston Area

Clinica Hispana RubyMed

Location: 5181 Farm to Market 1960 Rd W, Houston TX 77069

Availability: Monday – Friday 9:00 am – 6:00 pm; Saturday 9:00 am – 4:00 pm

Helpline: 832-558-5732

Website: <https://www.clinicahispanarubymed.com/>

Service(s) Provided: General Primary Care, COVID-19 Testing (Rapid, PCR), Women's Clinic, Children's Clinic, Family Planning, Weight Management.

Service Area: Greater Houston Area

Bee Busy Wellness Center

Location: 8785 W Belfort, Houston TX 77031

Availability: Monday – Friday 8:30 am – 6:00 pm; Saturday 8:30 am – 2:00 pm

Helpline: 713-771-2292

Website: <https://mybbwc.org/>

Service(s) Provided: (Financial Assistance Program available) Family Planning, Women's Health, Men's Health, Pediatric Services, Dental, Behavioral Health (including Domestic Violence and IPV), Telemedicine

Service Area: Greater Houston Area

IBN Sina Community Medical

Location: 5012 N Shepherd Dr, Houston, TX 77018

Availability: Monday – Friday 8:30 am – 5:00 pm

Helpline: 713-695-7462

Website: <https://www.ibnsinafoundation.org/>

COMMUNITY RESOURCE LIST



Service(s) Provided: (Financial Assistance Program available) Adult and Pediatrics Medical, Dental, Behavioral care, Immunization, Dermatology and Cardiac Health
Service Area: Greater Houston Area (Multiple locations)

CHRISTUS St. Mary's Clinic

Location: 2002 S. Wayside Drive, Houston, TX 77023

Availability: Monday – Friday 7:30 am – 4:30 pm and Saturday 8:00 am – 11:00 am

Helpline (713) 803-1840

Website: <https://christusfoundation.org/programs/christus-st-marys-clinic>

Service(s) Provided: Provides vital healthcare and mental health services to uninsured and underserved patients, no insurance required. No Citizenship Required.

Vecinos Denver Harbor Family Clinic

Location: 424 Hahlo Street, Houston, TX 77020

Availability: Monday – Thursday 8:00 am – 8:00 pm and Friday 8:00 am – 5:00 pm

Helpline (713) 674-3326

Website: <https://denverharborclinic.org/>

Service(s) Provided: Provides vital healthcare and mental health services to uninsured and underserved patients of all ages.

Service Area: Greater Houston Area (Two locations)

VCare Clinics

Location: Multiple Locations (Houston & Pasadena Locations)

Availability: Monday – Friday 9:00 am – 3:00 pm; Sat 9:00 am – 1:00 pm; Walk-ins accepted; Languages (Spanish/English)

Helpline: Main Office (Broadway St): 713-640-2273

Website: <https://www.vcareclinics.org/>; Find a Clinic Near you:

<https://www.vcareclinics.org/clinic-locations/>

Service(s) Provided: Comprehensive Dental and Primary Care for adults and children, preventive programs and screenings (Diabetes, STD, Heart Disease, Annual Exams), Referrals (Diagnostic & Specialty). Office Visits just \$40 Dollars. With eligibility, free women's health services or medical and dental services for children. Healthy Texas Women clients accepted.

Service Area: Houston, Harris County

Taking Off Pounds Sensibly (TOPS)

Location: 11655 Chimney Rock Rd., Houston, TX 77035-2807

Availability: Tuesdays at 4:50 pm

COMMUNITY RESOURCE LIST



Phone: (254) 793-2962

Website: <https://www.tops.org/tops/TOPS/FindAMeeting.aspx>

Service(s) Provided: Low-cost weight loss support group

Service Area: Greater Houston Area

Harris County Public Health Free or Low-Cost Health Clinics

Location: 1730 Humble Place Dr., Humble, TX 77338 / 3737 Red Bluff Rd, Pasadena, TX 77503

Availability: Humble and Pasadena; Monday – Friday, 8:00 am – 5:00 pm

Helpline (832) 927-1330 Humble / (713) 274-9440 Pasadena

Website: <https://publichealth.harriscountytexas.gov/services-programs/services/hwc/health-and-wellness-clinic-locations>

Service(s) Provided: Provides annual wellness exams, pap smear screenings, cervical and breast cancer screening, pregnancy testing and counseling, blood pressure, cholesterol, smoking, mental health screening, STD/STI services, birth control, contraceptive services, and vaccines for children and adults. NO ELIGIBILITY REQUIREMENTS

Service Area: Humble and Pasadena

Harris County Public Health Low-Cost Dental Clinics

Location: 1730 Humble Place Dr., Humble, TX 77338 / 3737 Red Bluff Rd, Pasadena, TX 77503

Availability: Humble and Pasadena - Monday – Friday 8:00 am – 5:00 pm

Helpline (832) 927-1330 Humble / (713) 274-9440 Pasadena / (832) 927-7373 Mobile Dental Program.

Website: <https://publichealth.harriscountytexas.gov/Services-Programs/All-Services/Dental-Services/Dental-Clinics>

Service(s) Provided: Provides dental exams, x-rays, cleaning, fluoride treatments, extractions, fillings, crowns, sealants, and referrals to more specialized care to 6 months old to 21-year-old residents with Medicaid or CHIP. Prenatal dental services for pregnant women. NO ELIGIBILITY REQUIREMENTS

Service Area: Humble and Pasadena

Harris County Public Health FREE HIV/STI Mobile Testing

Location: 5815 Antoine Dr., Houston, TX 77091

Availability: Monday and Wednesday 8:00 am – 5:00 pm



COMMUNITY RESOURCE LIST



Helpline (713) 368-8123 / Text (281) 962-8378 for FREE Condoms and free/confidential HIV and Syphilis test

Website: <https://publichealth.harriscountytexas.gov/Services-Programs/All-Programs/HIV-STD-Prevention-Program/FREE-HIV-STI-Testing>

Service(s) Provided: Testing123 staff travel all over Harris County and Montgomery County to provide free HIV testing and syphilis testing. Free condoms and can provide PrEP prescription (Appointment needed). STI Testing/Treatment is also offered in Antoine clinic.

Service Area: Houston

Fundación Latinoamericana De Acción Social (FLAS)

Location: 6666 Harwin Dr, #370, Houston, TX 77036

Availability: Monday – Friday 9:00 am – 8:00 pm

Helpline: 713-772-2366

Website: <http://flasinc.org/main/index.php/contact/>

Service(s) Provided: Behavioral Health Services, Court Mandated Services, Prevention & Testing Services (Free & Confidential STDs testing)

Service Area: Houston Area

Harris County Public Health Tuberculosis (TB) Elimination Program

Location: 5815 Antoine, Suite A, Houston, TX 77091 / 3737 Red Bluff Rd, Pasadena, TX 77503

Availability: Houston: Tuesday 8:00 am – 5:00 pm / Pasadena: Wednesday 8:00 am – 5:00 pm

Helpline (832) 927-7594

Website: <https://publichealth.harriscountytexas.gov/Services-Programs/Programs/TBElimination>

Service(s) Provided: Chest X-rays, TB Testing, and medication management

Service Area: Houston

Harris County Pets

Location: 612 Canino Rd., Houston, TX 77076

Availability: Pet Adoptions: Monday – Friday, 1:00 pm – 5:30 pm and Saturday – Sunday, 11:00 am – 3:30 pm. Low Cost Clinic: Monday – Friday, 8:00 am – 5:00 pm

Helpline (281) 999-3191

Website: <https://www.countypets.com>

COMMUNITY RESOURCE LIST



Service(s) Provided: Low-cost pet microchipping, medications, testing, vaccines, and more.

Service Area: Houston

Harris County Public Health – Environmental Public Health

Location: Houston, TX

Availability: Monday – Friday, 8:00 am – 5:00 pm

Helpline (713) 274-6300

Website: <https://publichealth.harriscountytexas.gov/About/Organization-Offices/Environmental-Public-Health>

Service(s) Provided: Food Handler/Food Manager Certifications and food/event permits. Food Inspections, Neighborhood nuisance, water safety, removing lead-based paint from homes

Service Area: Houston

Harris County Public Health Mosquito & Vector Control

Location: Houston, TX

Availability: Monday – Friday, 8:00 am – 5:00 pm

Helpline (713) 440-4800

Website: <https://publichealth.harriscountytexas.gov/Services-Programs/All-Services/Mosquito-Control-Services>

Service(s) Provided: Inspect mosquito breeding sites, dead bird reporting, targeted mosquito treatment, track mosquito-borne diseases, and mosquito education

Service Area: Houston

Harris County Public Health - COVID-19 Education & Outreach

Location: Houston, TX

Availability: Monday – Friday, 8:00 am – 5:00 pm / COVIDoutreach@phs.hctx.net

Helpline (832) 927-4450

Service(s) Provided: Community Health Workers provide educational materials and resources on COVID-19 updates and vaccine information, answer community questions, and help community members register for free COVID testing/vaccines. Reach the community by partnering with businesses, places of worship, clinics, non-profit organizations, etc. to share information through community events, phone calls, visiting apartments and businesses, and virtual or in-person presentations.



COMMUNITY RESOURCE LIST



Service Area: Houston

Legal Assistance

Catholic Charities' St Frances

Location: 5599 San Felipe St, Suite 300, Houston, TX 77092

Availability: Call to schedule appointment

Helpline: (713) 595-4100

Website: <https://catholiccharities.org/supporting-refugees-immigrants/st-frances-cabrini-center-for-immigration-legal-assistance/>

Service(s) Provided: Immigration and refugee services. Requires appointment, Fees will be based on income level

Service Area: Houston

YMCA International Services

Location: 6671 Southwest Freeway, Suite 250, Houston, TX 77074

Availability: Call to schedule appointment

Helpline: (713) 758-9280

Website: <https://ymcahouston.org/locations/ymca-international-services>

Service(s) Provided: Career advancement, Immigration legal services, refugee services

Service Area: Houston

Houston Volunteer Lawyers

Location: 1111 Bagby Street, FLB300, Houston, TX 77002

Availability: Call to schedule appointment

Helpline: (713) 228-0735

Website: <https://www.makejusticehappen.org/>

Service(s) Provided: Pro Bono legal aid; Family, Housing, Taxes, Legal Guardianship, Veterans, Employment

Service Area: Houston



COMMUNITY RESOURCE LIST



Central American Resource Center's (CARECEN)

Location: 6006 Bellaire Blvd, Suite 100, Houston, TX 77081

Availability: Call to schedule appointment

Helpline: (713) 665-1284

Website: [https://www.immigrationadvocates.org/nonprofit/legaldirectory/organization.393389-Central american Resource Center Houston Office](https://www.immigrationadvocates.org/nonprofit/legaldirectory/organization.393389-Central%20american%20Resource%20Center%20Houston%20Office)

Service(s) Provided: Immigration services; DACA, Visas, TPS, U Visas. Legal orientation with completing USCIS forms

Service Area: Houston

Lone Star Legal

Location: 500 Jefferson St, 17th Fl, Houston, TX 77002

Availability: Monday – Friday, 8:00 am – 5:00 pm (No walk-ins), over the phone or website assistance only

Helpline: (713) 652-0077 or 1-800-733-8394

Website: <https://www.lonestarlegal.org/>

Service(s) Provided: Legal Help, COVID-19 Evictions, and Other Resources (No criminal cases)

Service Area: Texas

Boat People SOS

Location: 11360 Bellaire Blvd #910, Houston, TX 77072

Availability: 9:00AM – 5:30PM Monday–Friday

Phone: (281) 530-6888

Email: info@bpsos.org

Website: <https://www.bpsos.org/bpsos-houston>

Service(s) Provided: Serves members of the Vietnamese and other immigrant communities via health awareness prevention programs, ESL classes, citizenship services, legal services for low-income families and victims of violence and crime, domestic violence and sexual assault programs, and youth advocacy and senior services programs

Service Area: Greater Houston Area

COMMUNITY RESOURCE LIST



Refugee & Immigration Assistance

Amaanah Refugee Services

Location: 11807 Westheimer Road, Ste 550 PMB 1009 Houston, TX 77077 (Mailing address only; not an office location)

Availability: Monday – Friday 8:00 am - 4:00 pm

Phone: 713-370-3063

Email: info@amaanahservices.org

Website: <https://amaanahservices.org/>

Service(s) Provided: ESL classes, youth programs, scholarships, women's empowerment, non-medical emergency relief

Service Area: Greater Houston

Refugee Services of Texas Houston Service Center

Location: 8323 Southwest Fwy Suite 850, Houston, TX 77074

Availability: Mon – Friday 8:30 am - 4:30 pm

Phone: (713) 644-6224

Email: info@rstx.org

Website: <https://www.rstx.org/>

Service(s) Provided: resettlement assistance, asylum assistance, youth programs, legal services, assistance for survivors of human trafficking

Service Area: Statewide

Catholic Charities of the Archdiocese of Galveston-Houston

Location: 2900 Louisiana St, Houston, TX 77006

Availability: Monday – Friday 8:00 am - 5:00 pm

Phone: (713) 526-4611

Website: <https://catholiccharities.org/supporting-refugees-immigrants/refugee-services/>

Service(s) Provided: immigrant legal assistance, basic needs (food, clothing, emergency assistance, etc.), counseling, parenting education, services for seniors, women veterans

Service Area: Statewide

COMMUNITY RESOURCE LIST



Boat People SOS

Location: 11360 Bellaire Blvd #910, Houston, TX 77072

Availability: 9:00AM – 5:30PM Monday–Friday

Phone: (281) 530-6888

Email: info@bpsos.org

Website: <https://www.bpsos.org/bpsos-houston>

Service(s) Provided: Serves members of the Vietnamese and other immigrant communities via health awareness prevention programs, ESL classes, citizenship services, legal services for low-income families and victims of violence and crime, domestic violence and sexual assault programs, and youth advocacy and senior services programs

Service Area: Greater Houston Area

Interfaith Ministries for Greater Houston

Location: 3303 Main St. Houston Tx 77002

Availability: Mon – Friday 8:30 am - 5:00 pm

Helpline: 713-533-4900; Quick contact for Refugee Services: 713-533-3106

Website: <https://www.imgh.org>

Service(s) Provided: Refugee Services (Housing Assistance, English Classes, Cultural Orientation, School Enrollment, Job Placement), Meals on Wheels, Interfaith Relations

Service Area: Greater Houston

Justice for Our Neighbors Houston

Location: 2220 Broadway Street, Houston, TX 77012

Availability: Mon – Friday 9:00 am – 5:00 pm

Helpline: 713-454-6470

Website: <https://www.justiceforallimmigrants.org/>

Service(s) Provided: Affordable high-quality immigration legal services while engaging in immigration education and advocacy for low-income individuals and families. Know-Your-Rights training. Free and low-cost legal services also available with assistance from grants.

Service Area: Houston Area

The Immigration Clinic at South Texas College of Law Houston

Location: 1303 San Jacinto St, 10th floor of South Texas College of Law, Houston TX 77002

COMMUNITY RESOURCE LIST



Availability: Mon – Friday 9:00 am – 5:30 pm; Student-Attorney Run Clinic

Helpline: 713-646-2990

Website: <https://www.stcl.edu/academics/legal-clinics/>

Service(s) Provided: Free or Low-cost Legal services for Immigrants, application assistance

Service Area: Harris County

Casa Juan Diego

Location: Shelter location undisclosed

Availability: Mon-Friday – 9:00 am to 4:00 pm

Helpline: (713) 869-7376

Application Website: <https://cjd.org/>

Service(s) Provided: Hospitality and services for immigrant women, men and children. Assistance to paralyzed or seriously ill immigrants living in the community. Clinic for the undocumented. Provides services **ONLY** to newly arrived immigrants.

Service Area: Harris

Alliance of Multicultural Services

Location: Hillcroft Headquarters - 6440 Hillcroft Avenue, TX 77081

Acres Homes Multi-Service Center - 6719 W. Montgomery Road. Ste. 223, Houston, TX 77081,

Magnolia Multi-Service Center - 7037 Capitol Street Ste. A, Houston, TX 77011

Availability: Mon-Friday – 9:00 am to 3:00 pm

Helpline: (713) 438-7122 Carlos Diaz

Application Website: <http://thealliancetx.org/>

Service(s) Provided: Hospitality and services for immigrant women, men and children. Provides services **ONLY** to Cubans, Haitians and Afghans.

Service Area: Harris County

Housing & Shelter Information

The Life Center for the Homeless

Location: 4516 Old Yale st, Houston, TX 77018

Helpline: 832-413-1746

Website: <http://www.lifecenterhouston.com/>



COMMUNITY RESOURCE LIST



Service(s) Provided: For Men only they offer a place to stay, food, clothing, counseling, computer literacy program, drug/alcohol rehabilitation.

Service Area: Texas

Star of Hope

Location: 4848 Loop Central Dr, Houston, TX 77081

Helpline: 713-748-0700

Website: <https://www.sohmission.org/>

Service(s) Provided: They offer a place to stay, food, clothing, development center, and workforce center. Intakes are Monday - Friday

Service Area: Texas

The Beacon

Location: 1212 Prairie st, Houston, TX 77002

Helpline: 713-220-9737

Website: <https://www.beaconhomeless.org/>

Service(s) Provided: **Only for Beacon members** they offer a place to stay, food, clothing, legal aid. Day Facility

Service Area: Texas

Covenant Houses

Location: 1111 Lovett Blvd, Houston, TX 77006

Helpline: 713-523-2231

Website: <https://www.covenanthousetx.org/>

Service(s) Provided: YOUTH SHELTER (18-24) Meals, laundry, activities, parenting program, transitional housing program

Service Area: Texas

Spirit Key

Location: 13617 Kaltenbrun Rd, Houston, TX 77086

Helpline: 281-971-0014

Website: <http://www.spiritkey.org/>

Service(s) Provided: **For Men only** Housing, family counseling, interventions, crisis center for the homeless, mentoring, job, life and skills training.

Service Area: Texas

SEARCH

Location: 2015 Congress Avenue, Houston, TX 77002

Helpline: 713-739-7752

Website: <https://www.searchhomeless.org/>

COMMUNITY RESOURCE LIST



Service(s) Provided: Housing, family counseling, interventions, crisis center for the homeless, mentoring, job, life and skills training.

Service Area: Texas

American Refugee Center

Location: 6006 Bellaire Blvd., Houston, TX 77081

Availability: Mon-Thurs 9:00 am – 6:00 pm and Fri 9:00 am – 2:00 pm / Ask to speak with Ms. Julia Volpe

Helpline: (713) 665-1284

Website:

https://www.immigrationadvocates.org/nonprofit/legaldirectory/organization.393389-Central_american_Resource_Center_Houston_Office

Service(s) Provided: Domestic Violence Victims, Human Trafficking Survivors, Individuals who are not in legal immigration status, Individuals with physical/mental disabilities, Lesbian, gay, bisexual & transgender, Torture survivors

Service Area: Houston Area, CCA Detention Center Houston (TX), IAH Detention Center Livingston (TX)

An-Nisa Hope Center

Location: 7100 Regency Square Blvd Suite 290, Houston TX 77036

Availability: Mon – Thurs 9:00 am - 3:00 pm

Helpline: 832-324-9111

Website: <https://annisa.org/>

Service(s) Provided: Case management, financial assistance, counseling, helpline, tutoring academy for K-12, education, outreach, and client services.

Service Area: Greater Houston

YMCA International Services

Location: 6300 Westpark Dr #600, Houston, TX 77057

Availability: Mon – Fri: 8:00 am - 5:00 pm

Helpline: 713-339-9015

Website: <https://ymcahouston.org/locations/ymca-international-services#events>

Service(s) Provided: Career advancement, education, immigration legal services, post-release services, refugee employment, refugee resettlement, social adjustment services, and trafficked person assistance.

Service Area: Greater Houston

PAIR Houston (Partnership For The Advancement And Immersion Of Refugees)

Location: 3300 Chimney Rock Rd., Ste 105 Houston, Texas 77056



COMMUNITY RESOURCE LIST



Availability: Mon – Fri: 8:00 am - 5:00 pm

Helpline: 713-771-1111

Website: <https://www.pairhouston.org/>

Service(s) Provided: PAIR programs include educational programs such as global learners, leaders, scholars, and summer camps.

Service Area: Greater Houston

United Way of Greater Houston

Location: 500 Waugh Dr. Houston, TX 77007

Availability: 211 HELPLINE open 24/7, call for updates

Helpline: 2-1-1

Website: <https://www.unitedwayhouston.org/>

Service(s) Provided: Food Assistance, Disaster Preparedness & Recovery, Education, Utility Assistance, Health Care, Rent/Mortgage Assistance and Housing or Shelter

Service Area: Greater Houston Area

FEMA

Availability: 8:00 am – 8:00 pm CST

Disaster Assistance Helpline: 800-621-3362

Website: <http://www.disasterassistance.gov>

Service(s) Provided: Assistance can include grants for temporary housing and home repairs, low-cost loans to cover uninsured property losses and other programs to help individuals and business owners recover from the effects of the disaster.

Service Area: Brazoria, Fort Bend, Harris, Montgomery Counties.

P.U.S.H. Up Recovery

Location: 2600 S Loop W, Suite 332, Houston, TX 77054

Helpline: 713-808-9035

Service(s) Provided: Shelter, counseling, and job skills development for survivors of abuse and domestic violence

Service Area: Greater Houston Area

Senior Resources

COMMUNITY RESOURCE LIST



Harris County Area Agency on Aging

Location: 8000 North Stadium Drive, Third Floor Houston, TX 77504

Availability: Monday thru Friday 8-5

Helpline: 832-393-4301; Email: aging@houstontx.gov

Website: <https://www.houstontx.gov/health/Aging/>

Service(s) Provided: Part of a nationwide network of agencies coordinating supporting services for adults 60 years or older and their caregivers.

Service Area: Access and assistance services, care coordination, In-home services, caregiver support coordination, evidence-based classes, nutrition programs.

Harris County Community Services Department

Location: 9418 Jensen Drive, Houston, TX 77093

Availability: Monday - Friday, 8:00 am – 5:00 pm

Helpline: (832) 927-4955

Website: <https://csd.harriscountytexas.gov/Pages/default.aspx>

Service(s) Provided: Rental assistance, emergency utility assistance, food, clothing and mental health referrals, housing and community resources, transit services, after school programs, meals for the elderly and disabled, disaster recovery, social services, health care and activities for seniors, homeless services, bereavement services

Service Area: Determined by the Harris County Appraisal District. It will refer to the appropriate services based on zip code. Walk-ins available for the Jensen Drive office.

Care Partners

Location: 3838 Aberdeen Way, Houston, TX 77025

Availability:

Helpline: 713-682-5995

Website: <https://carepartnerstexas.org/>

Service(s) Provided: Gathering Place Program: Activities for memory loss patients and caregivers, Second Family Program: Home based support for senior citizens, Common Ground: Support Group for caregivers, Caregivers Conferences and Workshops: Education and other resources for caregivers, Employee Education and Support: Assistance for caregivers

Service Area: Texas.

Jim & JoAnn Fonteno Senior Center

Location: 6600 Bissonnet St, Houston, TX 77074

Availability: Monday-Friday 7:30am – 4:00pm

Helpline: 713-274-3305

COMMUNITY RESOURCE LIST



Website: <https://www.pct3.com/Senior-Centers/Jim-JoAnn-Fonteno-Senior-Education-Center>

Service(s) Provided: Activity center and Education Center.

Alzheimer's Association- Houston and Southeast Texas

Location: Houston and Southeast Texas

Availability: 24/7

Helpline: 800-272-3900

Website: <https://www.alz.org/texas>

Service(s) Provided: Alzheimer's Care and Support, The Alzheimer's Research Initiation and Advancement, Alzheimer's Disease Advocacy, 24 hour hotline

National Council on Aging

Availability: Monday – Friday, 9:00 am – 5:00 pm

Helpline: 1-800-794-6559

Website: <http://www.ncoa.org>

Service(s) Provided: Food Assistance, Medication, Utility Assistance, Health Care, Rent/Mortgage Assistance and Housing, Transportation

Service Area: Nationwide

Thomas A. Glazier Senior Education Center

Location: 16600 Pine Forest Lane, Houston, Texas 77084

Availability: Monday-Friday 7:30am – 4:00pm

Helpline: 713-274-3250

Website: <https://www.pct3.com/Senior-Centers/Thomas-A-Glazier-Senior-Education-Center>

Service(s) Provided: Activity, and Education Center.

Boat People SOS

Location: 11360 Bellaire Blvd #910, Houston, TX 77072

Availability: 9:00AM – 5:30PM Monday–Friday

Phone: (281) 530-6888

Email: info@bpsos.org

Website: <https://www.bpsos.org/bpsos-houston>

Service(s) Provided: Serves members of the Vietnamese and other immigrant communities via health awareness prevention programs, ESL classes, citizenship services, legal services for low-income families and victims of violence and crime, domestic violence and sexual assault programs, and youth advocacy and senior services programs

COMMUNITY RESOURCE LIST



Service Area: Greater Houston Area

Maternal & Child Services

Harris County Public Health WIC (Women, Infants, Children)

Location: (9) Nine Locations in Harris County: Antoine, Baytown, Bear Creek, Cypress Station, Emerald Plaza, Fallbrook, Scarsdale, and Tomball

Availability: Monday – Wednesday 8:00 am – 6:00 pm, Thursday 8:00 am – 3:00 pm and Friday 8:00 am – 2:00 pm

Helpline (713) 407-5800 / Breastfeeding Support Line: (713) 407-5898

Website: <https://publichealth.harriscountytexas.gov/Services-Programs/Services/WIC>

Service(s) Provided: Provides nutrition education, breastfeeding promotion and support, healthy foods, referrals to health and social services to pregnant, breastfeeding women, women who recently had a baby, women with an infant or child up to the age of 5, who meet the income guidelines. NO ELIGIBILITY REQUIREMENTS

A Life Of Peace Wellness Education Institute: The Doula House Houston

Location: 1902 Texas Pkwy, Missouri City, TX 77489 (for mailing only)

Availability: 10:00AM – 4:00PM Tuesday–Friday

Phone: (713) 459-5208

Email: akua@alifeofpeace.org

Website: <https://www.alifeofpeace.org/>

Service(s) Provided: Holistic wellness classes and training, doula support

Service Area: Greater Houston Area

North Houston Birth Center

Location: 3910 N Shepherd Dr, Houston, TX 77018

Availability: 8:30AM – 5:00PM Monday–Friday

Phone: (713) 699-4211

Email: bsolano@northhoustonbirthcenter.com

Website: <https://www.nhbirth.com/>

Service(s) Provided: Midwifery, doula support, holistic birth classes

Service Area: Greater Houston Area

Collaborative for Children: Collab-Lab Mobile Classroom

Location: Multiple Locations

COMMUNITY RESOURCE LIST



Availability: Children Ages 3 to 5, no cost to families. In person registration starts October 4th, 2021.

Helpline: 713-600-1265

Website: <https://collabforchildren.org/resources-for-families/collab-lab/> ; Registration Form <https://form.123formbuilder.com>

Service(s) Provided: Mobile Education program that brings critical, future-focused early childhood education directly to the community. The curriculum is a year-long program divided into five parts that correspond to the five general attributes that Collab Kids demonstrate: a global learner, an innovative creator, a leader, a digital learner, and a problem-solver.

Service Area: Galena Park, Greenspoint, and Acres Homes

Texas Child Care Availability Portal

Location: Online Website Tool

Helpline: Email (frontline.childcare@soc.texas.gov)

Website: <https://find.childcare.texas.gov/>

Service(s) Provided: Online Tool funded by Texas Workforce Commission to assist locating care for children. Tool assists with locating full-time care, part-time care, before and after school programs, overnight care, and weekend care.

Service Area: Texas

BirthRight International

Location: 1200 Blalock Rd. Ste 104, Houston, TX 77055

Availability: Monday – Saturday 10:00 am – 1:00 pm and Sunday Closed

Helpline (713) 465-4058

Website: <https://birthright.org/houston>

Service(s) Provided: Friendship, love, and hope. Free Resources, Information about: Pregnancy, Childbirth, Adoption, Prenatal Care, Community Programs, Parenting skills, Child Care. Referrals for: Medical Support, Resources, Housing, Legal, Social Assistance, Professional Counseling, Pregnancy Tests, Maternity and Baby Items, 24/7 Free Helpline: 1-800-550-4900, Live Chat through our website

Service Area: Greater Houston Area

Houston Health Department - Healthy Families Program

Location: Houston, TX 77054

Availability: Monday – Friday 8:00 am – 5:00 pm

Helpline: (832) 395-9903

Website: <https://www.houstonhealth.org/services/family-child-health/healthy-families-houston>

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Service(s) Provided: Strengthens family bonds, improves child growth and development, encourages healthy birth spacing, decreasing child abuse and neglect, links clients to needed resources and services

Eligibility: First-time parents ages 14-19 who are pregnant or have a child less than 2 weeks old. Current or former foster (mothers and/or fathers) youth who are pregnant or parenting a child of ages 0-2. Mothers and/or fathers who have been involved with Child Protective Services and are parenting a child aged 0-2.

Cost: FREE

Service Area: Houston

The Source of Houston

Location: 8312 Long Point, Houston, TX 77055 / Texas Medical Center 10023 S. Main C-8, Houston, TX 77025

Availability: Monday – Thursday 9:30 am – 5:00 pm and Friday 9:30 am – 3:00 pm

Helpline: (713) 637-4141 / (713) 780-0030

Website: <https://www.thesource.org/regions/houston>

Service(s) Provided: Pregnancy Tests, STI/STD Testing and Treatment, Parenting classes, Material Assistance, Ultrasounds, Counseling and Mentoring, Medicaid Assistance, Referrals, Well-woman exams, Baby Formula, Baby Diapers and Abortion Information.

Eligibility: Pregnant women and/or women who just had a baby

Cost: FREE

Service Area: Houston, appointments preferred, assistance available in all languages

Fifth Ward Pregnancy Help Center

Location: 743 Shotwell St., Houston, TX 77020 / 3636 San Jacinto Center

Availability: Monday – Thursday 8:30 am – 4:00 pm and Friday 8:30 am – 1:00 pm
Saturday 8:30 am – 12:00 pm

Helpline: (713) 675-2800 / (713) 942-2100 / for After Hour Assistance (1-800) 712-4357

Website: <https://www.freepregnancytest.com/>

Service(s) Provided: Pregnancy Tests, Confirmation of Pregnancy in writing, Abortion Pill, On-Site Medical Pregnancy Consultations, Referrals, Case Management, Adoption Education, Ultrasound Exams, Abstinence Education and Support, Counseling and Crisis Intervention, Ongoing Pregnancy Support, Post-abortion Support, Fatherhood

COMMUNITY RESOURCE LIST



Support, Childbirth Classes, Housing Referrals, Lifestyle Education, Limited emergency Assistance, does not provide Prenatal care but will refer.

Eligibility: Pregnant women and/or women who just had a baby

Cost: FREE

Service Area: Houston, appointments preferred

Lifehouse of Houston

Location: 2010 North Loop West, Ste 240, Houston, TX 77018

Availability: 24/7

Helpline: (713) 623-2120 Call to schedule an appointment or apply online

Website: <https://lifehousehouston.org/>

Service(s) Provided: Medical Assistance, Adoption Referrals, Infant Care Supplies, Program Referrals, Cost-Free Housing, Life-Skills Classes, Parenting Classes.

Eligibility: Pregnant women 12+

Cost: FREE

Service Area: Houston

Lifeline Pregnancy Care Center

Location: 112 Bammel Westfield Rd., Suite 105, Houston, TX 77090

Availability: Tuesday – Thursday 10:00 am – 2:00 pm

Helpline: (832) 286-1339

Website: <https://www.lifelinepcc.net/>

Service(s) Provided: Pregnancy Tests, ultrasounds, Peer counseling, Self-enrichment classes, material assistance, information about adoption, information about abortion, post abortion support.

Eligibility: Pregnant women and/or women how just had a baby

Cost: FREE

Service Area: Houston, appointments preferred, assistance available in all languages

CareNet Pregnancy Center

Location: Champions- 14530 Wunderlich Dr, Houston, TX 77069; **Cypress** – 12311 Queenston Blvd., Houston, TX 77095

Availability: Monday/Wednesday 10:00 am – 5:00 pm, Tuesday/ Thursday 10:00 am – 8:00 pm,

Helpline: Call or text - Champions (281) 444-8554; Cypress (832)-653-6494



COMMUNITY RESOURCE LIST



Website: <https://houstonpregnancy.com/>

Service(s) Provided: Pregnancy testing, ultrasounds, abortion education, men at care/services for men, after abortion care, referrals.

Eligibility: Pregnant women and/or women how just had a baby

Cost: FREE

Service Area: Houston, appointments preferred, assistance available in all languages

Blue Blossom Pregnancy Center

Location: 4650 Gulfcrest st, Houston, TX 77023 / 2925 W T C Jester Blvd #5.

Houston, TX 77018

Availability: Monday- Thursday 8:30 am – 4:30 pm

Helpline: 713-395-1330

Website: <https://www.houstoncoalition.com/blue-blossom>

Service(s) Provided: Pregnancy testing, ultrasounds, abortion education, men at care/services for men, after abortion care, referrals.

Eligibility: Pregnant women and/or women how just had a baby

Cost: FREE

Service Area: Houston, appointments preferred, call for mobile site locations.

Women's Pregnancy Center

Location: 10103 Fondren Ste 230, Houston, TX 77096

Availability: Call for an appointment.

Helpline: 713-774-0126

Website: <https://wpchouston.com/contact-us/>

Service(s) Provided: Pregnancy testing, ultrasounds, abortion education, post abortion healing, referrals, parenting education.

Eligibility: Pregnant women and/or women how just had a baby

Cost: FREE

Service Area: Houston, appointments preferred, call for mobile site locations.

My Brothers Keeper Outreach Center - Houston

Location: 12621 Bissonnet St, Houston, TX 77099

Availability: Mon/Wed/Fri- 10:00 am-1:30 pm CST

Helpline: (281) 498-9933

Website: <https://www.mybkoutreach.org>



COMMUNITY RESOURCE LIST



Services Provided: Provides free uniforms, school supplies, and hygiene items to students from Pre-K–12th grade. They include supplies such as erasers, lunch boxes, index cards, pencil sharpeners, and even referrals for tablets or computer programs in Harris County.

Service Area: Harris County

Christian Community Service Center

Location: 3434 Branard St. Houston, TX 77027

Availability: Mon-Fri 10:00 am-2:00 pm CST

Helpline: (713) 961-3993

Website: <https://ccschouston.org>

Services Provided: Free supplies and \$30 dollar vouchers. The free school supplies are only for students in the area, including the district. They also give other age- appropriate supplies such as clothing, books, tablets, and more.

Service Area: Harris County

Job Assistance/Training/Continuing Education

Career and Recovery Resources, Inc.

Location: 2525 San Jacinto St., Houston TX 77002

Availability: Mon-Thurs 8:00 am – 9:00 pm, Friday 8:00 am – 6:00 pm

Helpline: 713-754-7000

Website: <https://www.careerandrecovery.org/>

Service(s) Provided: Assist clients in employment

Service Area: Greater Houston and surrounding counties. Including, but not limited to, Harris, Ft. Bend, Waller, Brazos, Galveston, Liberty, and Montgomery counties.

Career Gear

Location: 7500 Bellaire Blvd Ste BB20, Houston, TX 77036

Availability: Mon-Friday 10:00 am – 4:00 pm

Helpline: 713-778-9959

Website: <https://www.careergearhouston.org/index.html>

Service(s) Provided: Clothing donations for employment seekers, veteran employment support & networking, work reentry workshops for ex-offenders, Hiring events, and Skill up incubator classes in information technology.

Service Area: Greater Houston



COMMUNITY RESOURCE LIST



Capital IDEA Houston

Location: Scattered Sites: Administrative Office 2101 Crawford, Suite 211, Houston, TX 77002, HCC Office – 6815 Rustic, Suites 109 & 318, Houston, TX 77087

Availability (Date & Times): By Appointment Only, Virtual Information Sessions held monthly, register here: www.capitaideahouston.org/infoession

Helpline: 832-280-5343 Ext. 113

Website: www.capitaideahouston.org

Service(s) Provided: Educational Sponsorship to train in high growth/high demand career, full list here: <https://www.capitalideahouston.org/programs>

Service Area: Greater Houston Statistical Area

Houston Area Urban League (WFD): Workforce Development and Training Program

Location: 5260 Griggs Td., Houston 77021

Availability: 8:00 am – 5:00 pm

Helpline: 281-220-6012

Website: <https://www.haul.org/programs/workforce/>

Service(s) Provided: Program offers employment orientation (basic skills training), Core skills training, Workforce occupational skills, and hosts upcoming skills and certification classes.

Service Area: Greater Houston

Dress For Success

Location: 3310 Eastside Street, Houston TX 77098

Availability: 9:00 am – 4:30 pm

Helpline: 713-957-3779

Website: <https://www.dfshouston.org/programs>

Service(s) Provided: Program offers suiting up program, first impression interview preparation, job search, professional development. Works with over 150 non-profit agencies, community groups, colleges, and universities to refer job-ready women.

Service Area: Greater Houston

United Way of Greater Houston- Job Bank

Location: Online

Website: <https://www.haul.org/programs/workforce/>

Service(s) Provided: 501(c)3 Non-profit approved job postings

Service Area: Greater Houston

COMMUNITY RESOURCE LIST



Workforce Solutions

Location: Texas

Availability: Business hours are based on office location

Helpline: 1(888) 469-5627

Website: <https://www.wrksolutions.com/about-us/contact-information>

Service(s) Provided: Helps people find jobs and job matching assistance, career counseling and financial aid for education/training or work support. The Board also funds adult education and literacy services through seven major providers.

Service Area: Walker, Montgomery, Liberty, Waller, Austin, Harris, Chambers, Colorado, Ft. Bend, Galveston, Wharton, Brazoria and Matagorda County

Texas Workforce Commission

Location: Various

Availability: Varies on location

Helpline: 1-800-939-6631

Website: <https://www.twc.texas.gov/news/covid-19-resources-job-seekers>

Service(s) Provided: Unemployment Benefits, Job Matching, Recruiting, and Training

Service Area: Texas

Family Scholar House - Houston

Location: Texas

Availability: Response Center staff is available Monday - Saturday from 7:00am - 7:00pm

Helpline: 281- 549-8681

Website: <https://familyscholarhouse.org/service/supportive-services/>

Service(s) Provided: assists single parents seeking to obtain and associates or undergraduate degree. We assist with selecting a major, completing applications, finding funding sources and career coaching. Our Response Center staff is available Monday through Saturday 7am to 7pm at no cost to families. We also connect our participants to community resources to eliminate barriers to their education. These services are available to the community by phone or video. You may learn more about our program here.

Service Area: Harris and surrounding counties

The Women's Resource of Greater Houston

Location: 730 N. Post Oak Rd., Suite 204, Houston, Texas 77024

Availability: Office Hours: M-R 9am-5pm; F 9am-4pm; Class schedules are posted on the website.

Helpline: We recommend individuals utilize the 211 Texas/United Way HELPLINE.



COMMUNITY RESOURCE LIST



Website: www.thewomensresource.org

Service(s) Provided:

- Women & Men: Financial Education Classes
- Women Only: One-on-One Financial Coaching, Group Financial Coaching, One-on-One Career Coaching
- High Schools: RISE! Program for 9th-12th grade girls

Service Area: Greater Houston Area (Harris, Waller, Montgomery, Fort Bend)

Launch Point Community Development Center

Location: 5807 Little York Rd, Houston, TX 77016

Availability: Monday-Friday 9 AM-4PM

Helpline: (713) 636-2959

Website: <https://thelaunchcenter.org/>

Service(s) Provided: Resource/public benefits application assistance, assistance with HUB certification and contracting, non-profit formation, church formation, grant writing, and fundraising, youth business development and STEM programs, classes for children of incarcerated parents.

Service Area: East Houston, Greater Houston Area

Seasonal Resources

Tax Preparation Coming Soon!